

Blues News...

May 2007

Welcome to the May edition of Blues News!

The **Harriers AGM** was held on February 18th 2007.

The elected committee are as follows:

Chairperson: Karen Curry (Nee Ballantyne)

Treasurer: Eric Hubber

Secretary: Stephanie Jenkins

You can e-mail Stephanie at stephaniejenkins399@hotmail.com

Karen can be contacted on (01237) 459790 or mobile 07854 352423

Website

We finally have the website available for updating. It would be good to provide a website with as much information as possible and if there were a group of people responsible for sections and sub-sections it could be constantly updated without too much pressure on one person. Currently Richard Rundle, Doug Jenkin, Denise Sheldrake and Karen Wilson have agreed to help with this. If you would like to become involved please contact any of the above people.

Congratulations

Congratulations to Karen Ballantyne and John Curry who were married on 14th April 2007.

Membership Fees

Have you paid your membership fees yet, they are now **OVERDUE!!!**

Prize Bingo

There will be prize bingo at the club on Friday 18th May eyes down at 7.30pm, all proceeds to the junior rowing section, please come and support.

Congratulations

Congratulations to Kirsty Hamilton who was one of just 14 top middle distance runners across the UK who made it through the selection process to join Dame Kelly Holmes elite training squad at Loughborough University in April.



RACE RESULTS

Granollers Half Marathon (near Barcelona)

John Ward 1-08-50

Torrington Torment Half Marathon

Peter Hockin 81-57	Chris Stone 88-37	Vicky Pincombe 89-18
Steven Heard 93-06	Mark Alderman 93-30	Mark Sussex 93-39
Alec McLaren 99-21	Martin Colwill 103-24	Simon Lacey 113-53
Alan Heard 115-20	Andrea Chance 132-11	Lorrie Woolgar 136-37
Lois Vickers 139-18	Kay Eastwood 147-18	

Fulfords Great West Run

Wayne Stephens 26-33	Chris Stone 29-06	Stuart Philps 30-47
Alan Heard 35-38	Glen Martin 38-41	Michael Gilmore 41-32

Blackmore Vale Half Marathon

Mark Sussex 1-25-28

Dalwood Three Hills Challenge

Mark Sussex 1-16-48

Terminator 10

Tim Oke 1-51-24

Bideford Half Marathon

Kevin Heywood 1-06-03	John Ward 1-11-30	Peter Hockin 1-13-36
Vicky Pincombe 1-19-55	Chris Stone 1-21-06	Mark Alderman 1-22-41
Steven Gallienne 1-23-08	Steven Heard 1-23-38	Mark Sussex 1-24-14
Jimmy Murray 1-25-38	Andrew Pearson 1-25-46	Steven Turner 1-27-23
Alec McLaren 1-28-27	Mike Mears 1-28-39	Stuart Philps 1-28-45
Charlie Davis 1-29-39	Gary Suggate 1-29-40	Brian Huxtable 1-30-38
Derek Jackson 1-31-07	Rob Pullen 1-31-41	Andy Warner 1-31-58
Adrian Vanstone 1-35-46	Annette Murray 1-36-11	Shaun Kenneally 1-36-27
Alan Cox 1-38-51	Ian Mansford 1-45-54	Jan Behnke 1-46-26
Robert Floyd 1-48-31	Roger Edwards 1-49-05	Alan Heard 1-49-07
Dave Cloak 1-49-07	Andy Walter 1-51-37	Glen Martin 1-53-55
David Mellor 1-55-29	Sue Pennington 1-55-41	Matthew Figs 1-56-58
Tony Andrews 2-04-33	Angela Davies 2-25-47	Alan Davies 2-26-02
Simon Lacey 2-27-45	Elizabeth Roberts 2-28-04	Liz Oke 2-29-43
Alison Trigell 2-30-33		

Brooks Westward Cross Country League

Congratulations to the Senior Men winning the title

Bath Half Marathon

Chris Stone 1-22-31

Teignbridge 10

Steven Heard 1-01-22	Stuart Philps 1-04-44	Maurice Cockwill 1-05-52
Alec McLaren 1-09-08	Alan Heard 1-17-17	Glen Martin 1-26-09
Lois Vickers 1-32-49		

Eastleigh 10K (Hampshire)

Craig Bellew 35-53 Alan Bellew 46-00
New Blues club record for under 17 10K, well done Craig!

Mad March Hare 10K (Plympton)

Martin Colwill 41-00 Becky Mudd 43-36

Taunton Half Marathon

David Braunton 1-22-08 Stuart Philps 1-26-50 Alan Cox 1-32-19
Andy Warner 1-31-11 Ian Mansford 1-42-20 Alan Heard 1-42-43
Tara Horrell 1-44-10 Jane Jackson 1-44-06 Jan Behnke 1-48-51
David Mellor 1-53-34 Glen Martin 1-56-02

Taunton Marathon

Jimmy Murray 3-04-06 Derek Jackson 3-08-09 Mark Sussex 3-32-34
Steven Turner 3-33-18 Annette Murray 3-34-40 Rob Floyd 3-48-14

Bampton-Tiverton 10K

Mark Jenkin 37-47 Chris Stone 43-27 Barry Withcombe 50-46
Alan Heard 52-22 Tony Andrews 54-23 Glen Martin 58-48

London Marathon

Chris Stone 3-03-11 Jimmy Murray 3-14-31 Derek Jackson 3-22-18
Andy Warner 3-38-25 Liz Oke 6-08-01 Alison Trigell 6-30-47
Angela Davies 6-32-03

Tresco Marathon

Lorrie Woolgar ran in the Tresco Marathon on 22nd April 2007 finishing in 50th place in a time of 4 -19-25, this was the 8th Tresco Marathon, which raises money for Cystic Fibrosis.

Lorrie has raised in excess of £300 and would like to thank everyone who has sponsored her.

Arlington Court Canter

Wayne Stephens 36-42 Craig Bellew 39-14 Steve Gallienne 39-56
Dan Mapp 40-52 Steven Heard 41-28 Mark Sussex 41-51
Stuart Philps 42-52 Maurice Cockwill 43-14 Andrew Cook 46-37
Alec McLaren 46-52 Steven Humphries 48-12 Barry Withecombe 48-20
Lorraine Kenneally 48-48 Alan Heard 51-52 Tony Andrews 52-54
Andrew Oke 53-13 Matt Figes 53-40 Alison Sussex 54-33
Sue Pennington 56-03 Lorrie Woolgar 57-29 Karen Curry 57-58
Catherine Gardner 58-34 Martin Colwill 1-01-01 Kay Eastwood 1-08-44
Stephanie Jenkins 1-10-18

RACE DIARY

Bideford Handicap series 2007

Wednesday 2nd May
Wednesday 23rd May
Wednesday 13th May
Wednesday 20th June
Wednesday 11th July
Wednesday 25th July

Register for 7.00pm for a 7.30pm start.
Fees £2.00 per race or 6 races for £10.00
Meet in the bar after the race for the presentations, all welcome!!

North Devon Summer Relays 2007

Wednesday 25 th April	South Molton Community College
Wednesday 16 th May	Valley of the Rocks, Lynton
Wednesday 6 th June	Torrington High School
Wednesday 27 th June	Bideford AAC
Wednesday 18 th July	Tarka Tennis Centre, Barnstaple

Relays start at 7.30pm, arrive between 7.00pm and 7.10pm to be placed in a team. Any problems contact Alison on (01237) 242304

Bideford 10K 20th May 2007

If anyone is willing to marshal or help in the kitchen please contact Karen Curry or Tracey Wilson.

GREAT NORTH RUN

We have 2 club places to run in this years Great North Run on Sunday September 30th. In order to qualify for a club athlete number, a time criteria must have been met over the last 12 months for a half marathon.

Men 1:25

Women 1:40

If you wish to be considered, please apply in writing with details of your qualifying times to the Harriers committee ASAP.



A girl goes out for a run. She comes to a river and cannot see a bridge anywhere nearby. She spots another girl on the opposite bank. "Yoohoo !" she shouts, "How can I get to the other side?" The second girl looks up the river then down the river then shouts back, "You're already on the other side!"

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In recent weeks, we have had fantastic weather especially for this time of year. An exceptionally hot summer is forecast and it is vital that you, as runners, are aware of the effects that hot weather can have on your body. Here are some pointers from Mindy Solkin of 'The Running Centre'

PRECAUTIONS FOR RUNNING IN THE HEAT

- 1) It takes approximately two weeks of consistent running in the heat and humidity to acclimate to warmer conditions.
- 2) Remember that thirst is not an indicator of dehydration. Once you are thirsty, you are already low on fluids. Indications of dehydration are an elevated heart rate during and after your run and dark, golden-colored urine. After your run, keep drinking fluids until your urine is clear.
- 3) During your run, drink about 4 to 8 ounces of water and/or sports drink every 15 to 20 minutes.
- 4) Apply a sunscreen of at least SPF #15. Make sure that it is a non-drip formula that won't drip into your eyes.
- 5) Wear sunglasses that filter UVA and UVB rays and/or wear a cap with a visor.
- 6) Wear light-colored micro-fiber clothing.
- 7) Try and run when your shadow is taller than you are, and when the sun is not high in the sky. If you run in the morning, you'll avoid the heat, but may encounter a higher humidity. Times to avoid running are noon till 3pm.

SIGNS OF HEAT-RELATED ILLNESS

1) HEAT CRAMPS

Causes: Loss of electrolytes and accumulation of lactic acid in the muscles.

Conditions: Muscle cramps and/or spasms, heavy sweating, normal body temperature.

Treatment: Drink water and sports drink, slow down, massage affected area.

2) HEAT EXHAUSTION

Causes: Intense exercise in a hot, humid condition and loss of electrolytes.

Conditions: Profuse sweating, possible drop in blood pressure (less than 90 systolic, the top number), normal or slightly elevated body temperature, lightheadedness, nausea, vomiting, decreased coordination, possible fainting.

Treatment: Rest in a cool place, drink water and sports drink, avoid activity for at least 24 hours and refrain from running or exercising in the heat for at least one week.

3) HEAT STROKE

This is a medical emergency!

Causes: Intense exercise in a hot, humid condition, older age, dehydration, obesity, wearing heavy clothing, running in the heat when you have an infection or fever, certain drugs such as amphetamines, diuretics, beta blockers, cardiovascular disease, poor acclimatization, high blood pressure.

Conditions: High body temperature (106 or higher), lack of sweating characterized by dry, red skin, altered consciousness.

Treatment: Seek medical advice, rest in a cool place, remove clothing to expose skin to air, apply ice packs or cool water to groin, underarms, neck (stop if shivering).

Junior Harriers

The junior harrier section is as popular as ever, with nearly 80 active members.

Anyone wishing to join should be directed to Denise Sheldrake – junior harrier section administrator, for his or her name to be put on the waiting list. I will be at Moreton Park on Tuesday and Thursday evenings between 6 pm and 7 pm where we are currently training. Alternatively you can phone me on 01237 473412.

There has been much success throughout the winter season, to include:

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UK Inter Counties Cross Country Championships

Erica, Feargus and Craig travelled to Nottingham in February, to represent Devon, where they competed with other top athletes in the country. Craig even ran 4k of the 6k race in his bare feet, after losing both his shoes in the mud!

U13 Boys: Feargus O'Donnell 280th (7th Devon).

U15 Girls: Erica Woolgar 76th (1st Devon).

U17 Men: Craig Bellew 101st (5th Devon).

Devon Sportshall League

A small group of juniors travelled to Dawlish Leisure Centre throughout the winter to take part in the Devon Sportshall League. The athletes' 4 best scores in an individual event, over the season, were taken to decide the final positions, and trophies were issued for 1st, 2nd and 3rd places. In total, 11 trophies were won by the youngsters, and were presented at the final meeting of the season to: -

Under 10 Girls - Zo Gardner - Sitting Throw 2nd, Balance Test 2nd.

Under 10 Boys - Sam Chance - Chest Push 2nd, Javelin 2nd.

Under 11 Boys - Ben Chance - Chest Push joint 2nd, Sitting Throw 3rd, Vertical Jump 3rd.

Under 11 Boys - Luke Snetzler - Vertical Jump 2nd.

Under 13 Girls - Amy Sheldrake - Standing Triple Jump 3rd.

Under 15 Boys - Tom Cawsey - 6 Laps 1st, 4 Laps 2nd.

Matthew Cawsey competed in the under 17 boys' section and was unbeaten throughout the season in the standing triple jump, standing long jump and the vertical jump. Unfortunately for Matthew, no medals were awarded in the under 17 age group.

N Devon Cross Country League

Many juniors took part in this popular local league. Some represented the club, whilst others represented their school.

Club success included: -

Under 11 Girls	Cassie Walker 3 rd Chloe Braund 16 th Zo Gardner 21 st Maya Wilkins 25 th Alli Kelly 30 th Jessica Turner 32 nd Jessica Hearn 34 th
Under 11 Girls' Team	4 th
Under 11 Boys	William Jackson 4 th Luke Snetzler joint 8 th Billy Pearce joint 8 th Ben Chance joint 16 th Sam Chance joint 16 th Matthew Fay 20 th Harry Roper 23 rd
Under 11 Boys' Team	2 nd
Under 13 Girls	Bridie Head 6 th Amy Sheldrake joint 9 th Libby Pullen 14 th
Under 13 Boys	Daniel Gray 24 th
Under 19 Boys	Craig Bellew 1 st Dan Mapp 2 nd Silas Earl 9 th

Brooks Westward League

Under 15 Girls - Erica Woolgar 1st overall.

Under 17 Men - Craig Bellew 3rd overall.

Dates for your Diary

Sunday	3	June	2007	Devon Track & Field Open Series Meeting - Braunton
Sunday	17	June	2007	N Devon A C Young Athletes Meeting - Braunton
Sunday	8	July	2007	Young Athletes Trophy Meeting - Plymouth
Sunday	15	July	2007	Devon Track & Field Open Series Meeting - Exeter
Sunday	19	August	2007	Devon Track & Field Open Series Meeting - Plymouth

Rowing Section

The Bideford Head race, which is organised by BARC (the Reds) takes place on Sat. 12th May.

The WEARA regatta dates are:

Sat. 9th June	Plymouth
Sat. 23rd June	Totnes
Sat. 30th June	Wimbleball
Sat. 14th July	Exeter
Sat. 21st July	Stithians (Falmouth)
Sun. 5th August	Appledore & Instow
Sat. 11th August	Paignton
Sat. 25th August	Torquay
Sun. 25th August	BIDEFORD
Thurs. 30th August	Dartmouth
Sat. 6th September	South Coast at Dorney Lake

We still want more input into the newsletter from *all* club members, so if you have something to say and share, maybe a race revue, something you'd like to advertise, running tips.....please let Karen or Liz know.
kpwilson@talk21.com or ae WARNER@hotmail.com

